C:\Users\Stephanie\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\BSL5UP41\MC900233819[1].wmf7th Grade Family & Consumer Sciences Syllabus

Text: Today’s Teens Teacher: Elissa Herman

Elissa.Herman@K12.SD.US

Fees: Sewing Project Materials to bring to class:

Students will keep project upon completion. ☺ Computer, writing utensil, notebook

In this class we will focus on leaning the basic, but necessary, life skills needed to be successful in today’s world. We will focus on learning skills and gaining knowledge that will encourage responsibility and independence.

**Course Topics:**

C:\Users\Stephanie\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W1CVHS5J\MC900272314[1].wmfSewing Basics & Project Construction (3 weeks)

\*Identify equipment, tools, and supplies and their purpose in apparel and textile construction.

\*Demonstrate basic skills for producing and altering textiles products and apparel.

Nutrition & Safey and Sanitation in Food Preparation & Measurement &

Cooking Basics (3 weeks)

\*Describe the effect of nutrition on health, appearance, and peak performance.

\*Analyze sources of food and nutrition information (labels, “My Plate”, etc.).

\*Describe safety and sanitation procedures [in food preparation].

\*Define and apply conditions and practices that promote safe food handling.

\*Identify correct weight and measurement techniques.

\*Demonstrate correct weight and measurement techniques.

\*Define appropriate cooking terminology when reading and following a recipe.

\*Demonstrate preparation techniques for various food categories.

Babysitting & Child Care (3 weeks)

C:\Users\Stephanie\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VGPOI0WA\MC900098025[1].wmf\*Identify nurturing practices that support human growth & development (Ex. support & praise)

C:\Users\Stephanie\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\BSL5UP41\MC900138321[1].wmf\*Demonstrate security and emergency procedures.

**Sewing Project Information Sheet:** The last section of 7th Grade Exploratory we do sewing basics. At the end of the quarter we will complete a project that students are able to take with them with they leave. There are several options for this project the student(s) can pick from.

Option 1: Visit Haancrafts.com with your student and pick out a project from online. I do like this idea for students. Everyone has a different project that is special to them, that they will be proud of. These projects range from $5-15 depending on what they choose. I recommend they pick a level 1 project or possible a level 2 project. (You can see this once you click on a photo you like under rating; example Rating: 1-C.) They do need to pick a project with stuffing. **I will order all these projects together.**

Option 2: Bring in an old sheet, pillow case, piece of fabric, etc. and also stuffing bought from Walmart, Fabric store, etc. We will use this to make a basic pillow with the student. (If this is not an option either; please talk to me privately.)

Name of Student:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please circle what option you are interested in doing and return with students by **August 30th**. I would also like money collected by this time as well. (Unless other arrangements need to be made)

Option 1:

Item #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rating:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Price:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Color(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Option 2: Please have fabric and stuffing here by September 25th.

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thanks,

Ms. Herman